



Future of Caregiving

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Bob Stephen

AARP Caregiving Lead

Vice President, Health and Caregiving

Ethel Percy Andrus



Pandemic

COVID-19 changed the future of caregiving:

- Visibility
- Equity
- Work
- Transformed Care
- Exposed Costs/Issues
- Political Attention and Advocacy



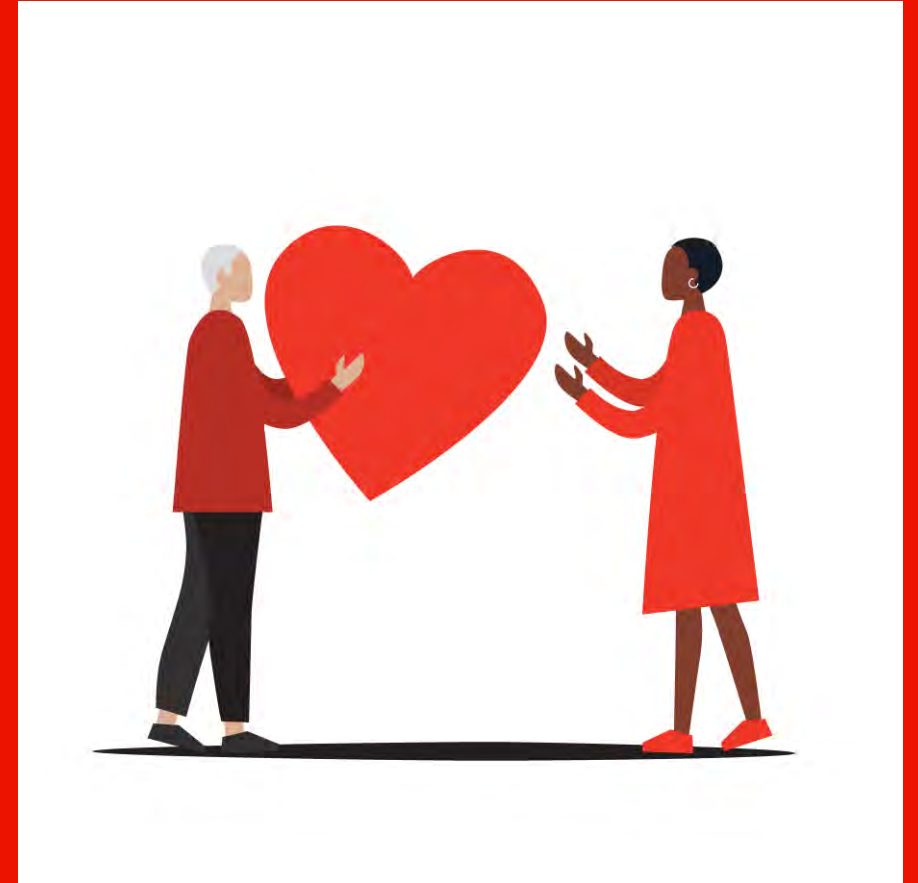
Caregivers are Visible

48 Million Family
Caregivers in the US

34 Billion hours of
care provided

\$470 Billion value of
care offered

3.4 Million Family
Caregivers in Texas



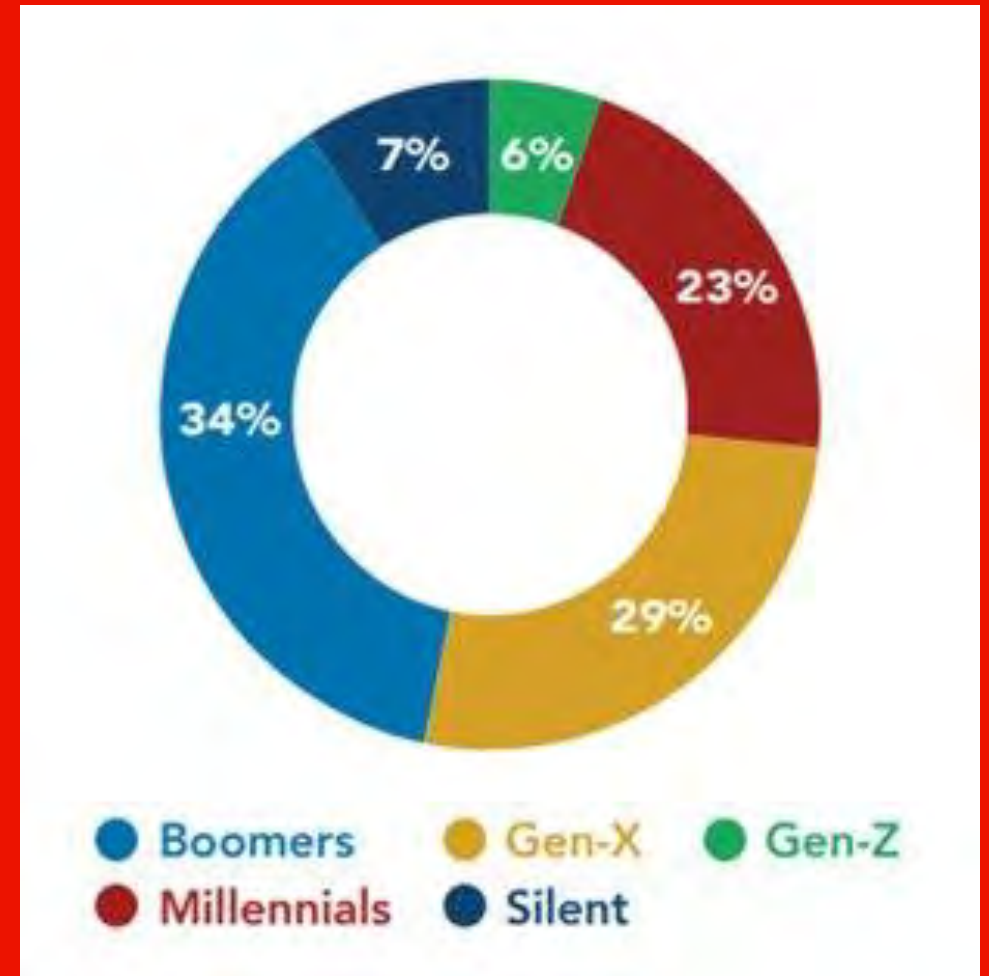
Caregivers are Diverse



- 4 in 10 are Male
- 17% are Hispanic/Latino
- 14% are African American/Black
- 5% are Asian American/Pacific Islander

A quarter of Caregivers are Millennials

- Average age: **30.2 years old**
- Spend **24.8 hours a week** providing care
- **Half** are the sole unpaid caregiver
- Typically working while providing care
- Report high levels of financial strain
- Least likely to report having health insurance and a greater proportion report being in fair or poor health



Millions of Students are Caregivers

- **11%** of caregivers of adults are also students, attending school full or part time (about 5 million adults)
- **7 in 10** said caregiving impacted their academic ability to at least some extent
- Most student caregivers work at least part time (**86%**)
- **6 in 10** said caregiving impacted their financial ability to pay for school
- **1 in 3** had difficulty meeting deadlines/attendance requirements



Caregivers are Working

Today, 73% of US workers are also caring for children or adults

Pre-Pandemic:

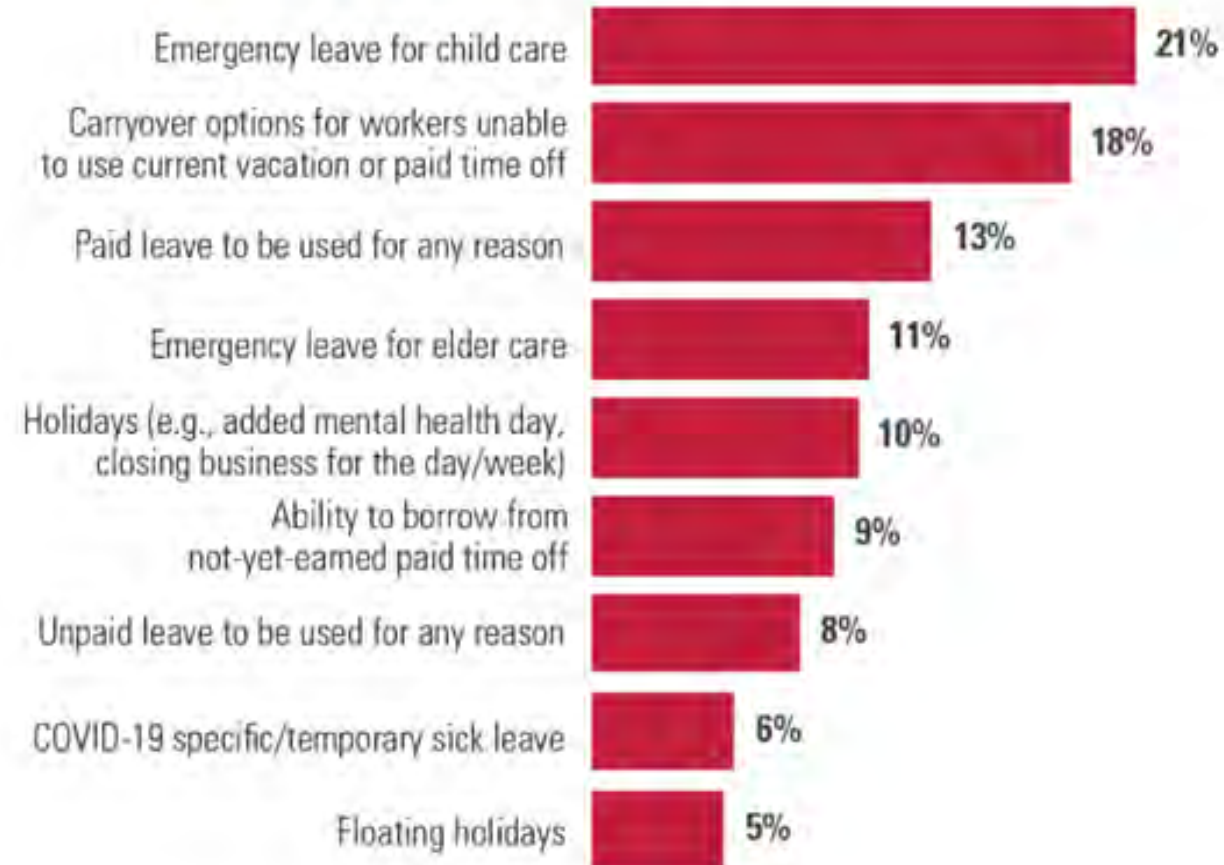
- 61% of working caregivers experienced at least 1 work related impact due to caregiving responsibilities
- Most reported going in late, leaving early, or taking time off
- 1 in 10 working caregivers had to give up work entirely or retire early



Employers are MORE Supportive

COVID is changing
benefit offerings

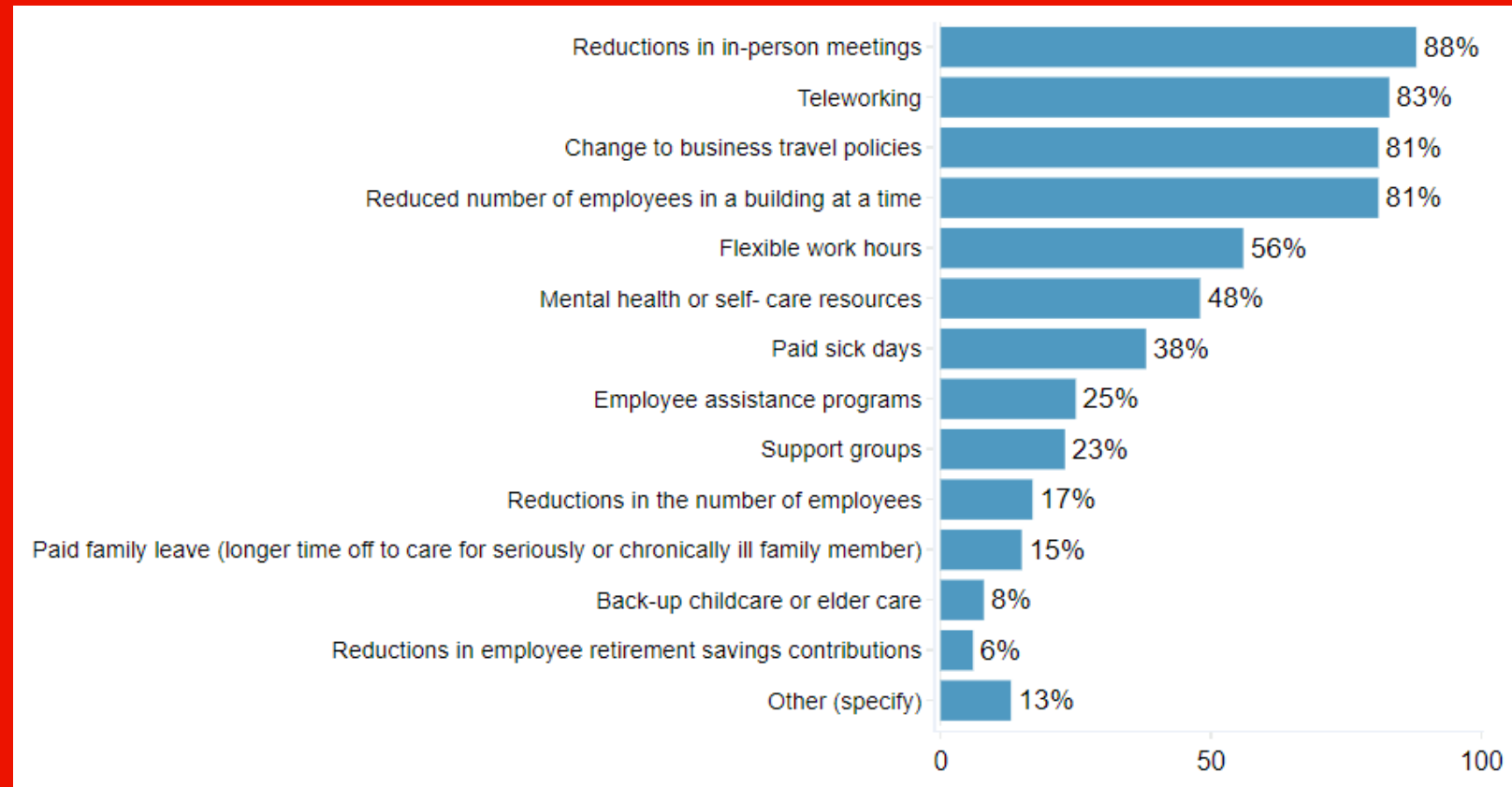
Changes Made to Paid/Unpaid Leave Benefits Due to the COVID-19 Pandemic



Employer Point of View

Practices Implemented Due to COVID-19

- Study found that 56% of companies responded to the pandemic by implementing flexible work
- 60% increased benefits/offerings
- However, some companies aren't as familiar with the issue of family caregiving for adults, and instead favor supporting parents.
 - Many firms do not have formal written policies for employees caring for an older adult



<https://www.spglobal.com/en/research-insights/featured/companies-expand-family-friendly-policies-but-focus-favors-parents-over-caregivers>

Caregivers Value New Flexibility at Work

New research shows that **75 percent** of caregivers worry about juggling work and caregiving duties once they return to the office

Two-thirds of caregivers expressed concern juggling their responsibilities in the next 12 months.

More than half of caregivers say they received flexible schedules — and were able to work from home at least part-time — since the pandemic.

And more than 4 in 10 say they would consider looking for a new job if their employer rolls back these benefits.

<https://www.aarp.org/caregiving/life-balance/info-2021/returning-to-work-stress.html?intcmp=AE-CAR-R3-C3-CORONA>

Visible Faults in Long Term Care



Unvaccinated Nursing Home Staff Often Aid Residents



Action Needed Now on Long-Term Care Reform



4 in 5 U.S. Nursing Homes Behind on Staff Vaccinations



COVID-19 Hit Nursing Home Medicare Clients Hard



MEDICAL

Nursing Aides With Direct Resident Contact Least Likely to Be Vaccinated

3 Comments

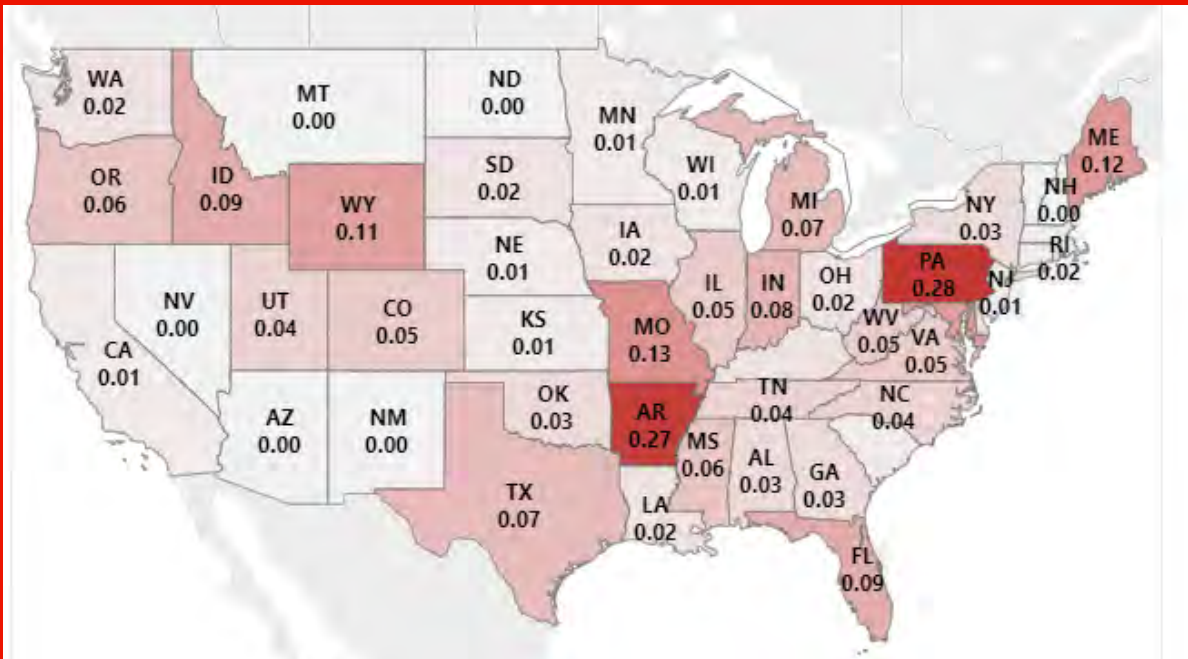
Study suggests unvaccinated staff can spark outbreaks, even if residents have shots

Nursing Home Crisis

Nursing home resident deaths-
rate per 100 residents

Nursing Home Resident Deaths and Cases

- Comparing Texas (Red) to the US Average (Gray)



View Dashboard Measures by State

Texas and U.S. average; gray represents range of state performance

State: Texas

Dates: (Multiple values)

Nursing Home Resident Deaths

(COVID-19 deaths per 100 residents)



In the last month (four weeks ending 6/20/2021) in Texas, there were 0.07 COVID-19 deaths per 100 nursing home residents.

Nursing Home Resident Cases

COVID-19 cases per 100 residents



In the last month (four weeks ending 6/20/2021) in Texas, there were 0.1 COVID-19 cases per 100 nursing home residents.

<https://www.aarp.org/ppi/issues/caregiving/info-2020/nursing-home-covid-dashboard.html>

Paid and Unpaid Workforce

- By 2030, the number of potential family caregivers for every person 80+ will decrease from 7 to 4
- In June (four weeks ending in 6.20.21), **23.5% of nursing homes in the US had an average shortage of direct care workers**
 - **Nearly 1 in 4 Nursing Homes**

Texas: **Red**, US Average: **Gray**

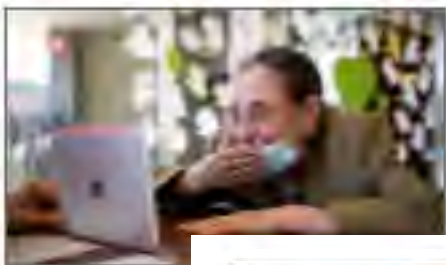
Staffing Shortages

(% of facilities with a shortage of nurses and/or aides)



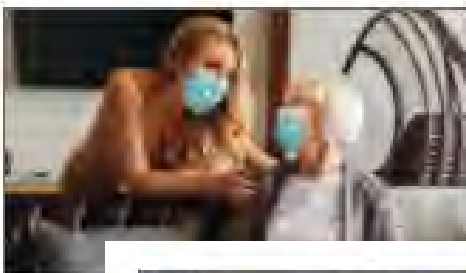
In the last month (four weeks ending 6/20/2021) in Texas, **9.6%** of nursing homes had a shortage of direct care workers.

Care is Changing



More Nursing Home Residents Get Virtual Visit Technology

As the coronavirus pandemic continues,



Feds Say Nursing Homes Should Ease Visitation Restrictions

The Centers for Medicare & Medicaid



New Rules for Visiting Nursing Homes During Coronavirus

Because of COVID-19, nursing home **visits** are limited to patients facing 'imminent death'. How is that defined and what to do if you're denied entrance.

Impact of missing caregivers

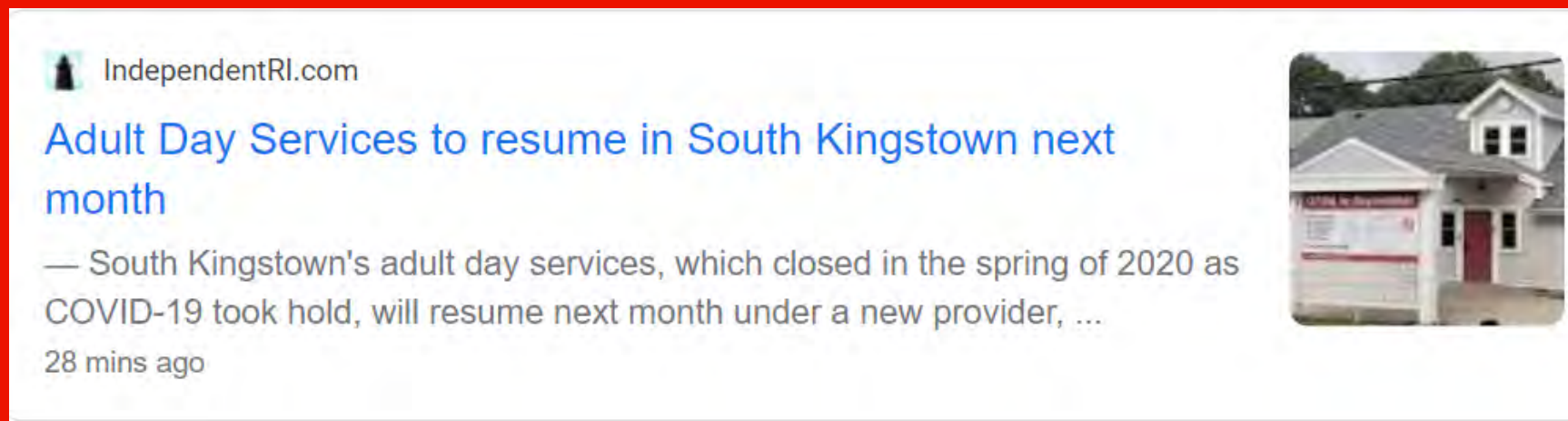


- Hospitals need to distinguish caregivers from visitors and create specific visitation policies
- Not permitting caregivers in the hospital/ doctor visits can negatively impact the quality of care, mental health, and health outcomes for the care recipient
- Looking back, experts say there is a lot to be learned about the importance of visitation, as well as clear communication

Limited Community Services

- Mandated closures of Adult Day Service Centers (ADCs) and other community based long-term care services impacted working caregivers and older adults who relied on these programs
 - Decline in participant Physical/Cognitive/Mental health, as well as increased strain on caregivers
- Services were creative despite restrictions by implementing virtual programs and door visits
 - Demonstrated resilience and creativity to meet the needs of older adults in the community

Vora, P., Missaelides, L., Trinh-Shevrin, C., & Sadarangani, T. (2020). Impact of Adult Day Service Center Closures in the Time of COVID-19. *Innovation in Aging*, 4(Suppl 1), 949. <https://doi.org/10.1093/geroni/igaa057.3472>



Technology Advanced



Technology adoption
accelerated by 5 to
10 years!

Telehealth is a New Normal

- Usage increased from 11% in 2019 to 46% of consumers now using telehealth to replace cancelled healthcare visits
- Utilization was 78 times higher in April 2020 than in February 2020
- 58 percent of physicians continue to view telehealth more favorably now than before the pandemic

<https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/telehealth-a-quarter-trillion-dollar-post-covid-19-reality#>



More Care at Home

**"There's almost nothing
that won't eventually move
to the home"**

-Health System Executive

Home is the next care frontier and
family caregivers are becoming
more important than ever



Cost of Caring



Time



An estimated 48 million family caregivers in the United States provided **34 Billion hours** of unpaid care to older adults in 2017

In 2020, caregivers provided about **24 hours** of care to their care recipient each week

Due to the pandemic, **two-thirds** of working caregivers say they are spending more time caregiving

Stress

Caregivers report physical and emotional strain

- **1 in 4** found it difficult to take care of their own health (23 percent)
- **8 in 10** caregivers say the pandemic has increased their overall level of stress, especially now with many workplaces reopening
- **2 in 10** reported feeling alone (21 percent)



Out of Pocket Costs

NEW REPORT: FAMILY CAREGIVERS STRUGGLING FINANCIALLY

The Credit for Caring Act Could Help

\$7,242

Average Out-of-Pocket Expenses for Family Caregivers in 2021

Family Caregivers in the U.S. Provide \$470 Billion in Unpaid Care

Source: Valuing the Invaluable 2019 Update: Charting a Path Forward
AARP Public Policy Institute

More than three in four family caregivers (78%) are incurring out-of-pocket costs as a result of caregiving

78%

\$10,525

Average expenses for caregivers with two or more work-related strains

26%

Family caregivers are spending, on average, a quarter of their income on caregiving activities

AFRICAN AMERICAN

\$6,746

Average Out-of-Pocket Expenses in 2021

34%

of income on average spent on caregiving activities

HISPANIC/LATINO

\$7,167

Average Out-of-Pocket Expenses in 2021

47%

of income on average spent on caregiving activities

ASIAN AMERICANS & PACIFIC ISLANDERS

\$8,368

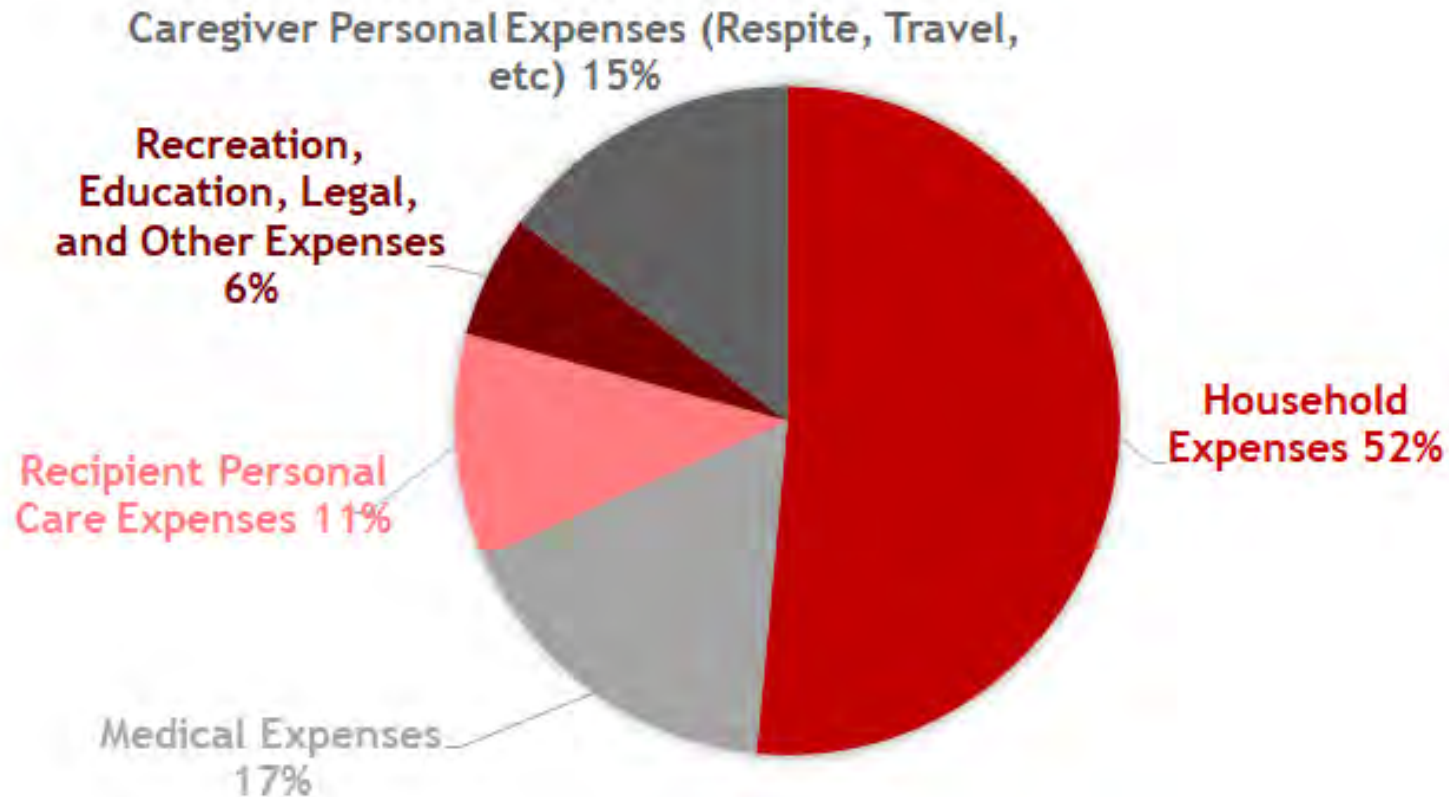
Average Out-of-Pocket Expenses in 2021

22%

of income on average spent on caregiving activities

Source: 2021 Caregiving Out-of-Pocket Costs Study | DOI: <https://doi.org/10.26419/res.00473.003> | Report: aarp.org/caregivers

Breakdown of Costs



Family Caregiving and Out-of-Pocket Costs: 2021 Report

**Average annual
caregiver expense:
\$7,242**

Household expenses: \$3,791

Medical expenses: \$1,225

**Caregiver personal spending
(respite, travel, etc.): \$1,058**

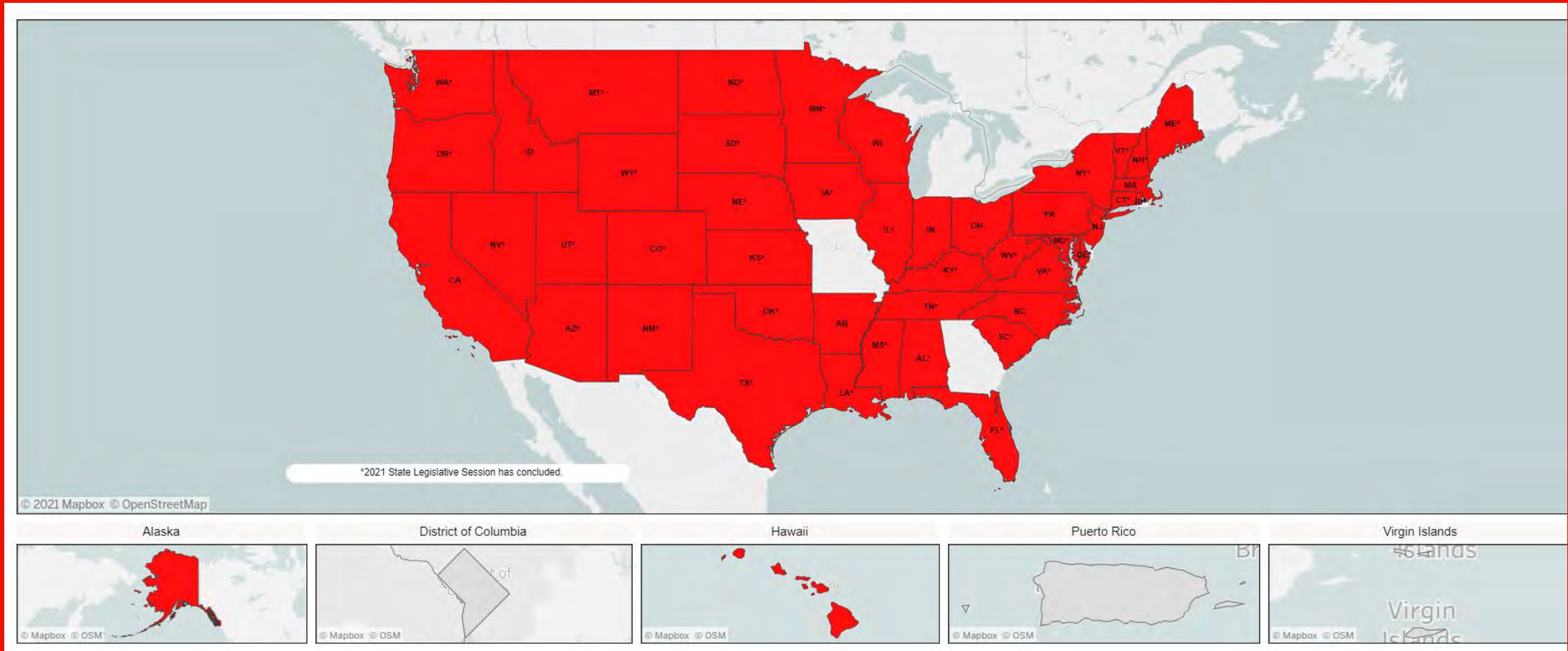
**Personal care expenses (for
recipient): \$768**

**Recreation, education, legal
and other expenses: \$400**

Supporting Caregivers is Bi-Partisan Federally...



...And in States



Red = States enacting legislation or regulations in areas supporting family caregivers

Source: AARP Tracking 2021

Credit for Caring

- Bipartisan legislation that would provide up to a \$5,000 nonrefundable federal tax credit for eligible working family caregivers



Workforce

- The American Jobs Plan: \$2 trillion infrastructure proposal includes help for older Americans to remain at home, better afford high-speed internet, and have safer and more accessible streets/ transit systems
 - \$400 billion to expand access to quality, affordable home or community- based care
- Multiple states are addressing workforce with 3 passing legislation in 2021.

Home and Community Based Services

- States can receive increased funding issued through the American Rescue Plan Act of 2021 (ARP)
 - Would expand access to home and community based services (HCBS) for Medicaid beneficiaries
 - Increase health equity, positive health outcomes, and community integration
- Majority of states are addressing Home and Community Based Services with 17 passing legislation in 2021

The Future of Caregiving



The Future of Caregiving is...

Visible

Diverse
Multi-Generational
>1 Care Recipient

Costly

Time
Stress
Money

At Home

Complex care
Connected
Community Providers
Innovation

Empowered

Work
Care Settings
Political



Resources

AGE of Central Texas

AARP:

Caregiving Resource Center:

www.aarp.org/caregiving

Caregiver Financial Workbook

Family Caregiving Facebook Group

Medical Task Caregiver Videos

www.aarp.org/ppi/initiatives/home-alone-alliance/family-caregiving-videos/

AARP Texas State Office

<https://states.aarp.org/contact-aarp-texas>



Thank You
family caregivers!

Questions?

AskCaregiving@aarp.org